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Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Tuesday, September 24, 2024

Third Density Graduation

Graduating from 3rd density to 4th density is often understood as a spiritual evolution or awakening. Here are some key steps to consider on this journey:

1. Embrace Love and Compassion

- **Cultivate Unconditional Love**: Focus on fostering love for yourself and others, moving beyond fear and judgment.
- **Practice Empathy**: Develop a deeper understanding of others' experiences and feelings.

2. Seek Self-Understanding

- **Self-Reflection**: Engage in practices like journaling, meditation, or mindfulness to explore your thoughts, emotions, and beliefs.
- **Shadow Work**: Confront and integrate your inner shadows—those parts of yourself you may have ignored or rejected.

3. Develop Awareness

- **Heightened Consciousness**: Pay attention to your thoughts, feelings, and actions, and how they affect yourself and others.
- **Mindfulness Practices**: Techniques like meditation, yoga, or breathwork can help you cultivate awareness and presence.

4. Let Go of Attachment

- **Release Limiting Beliefs**: Challenge and let go of beliefs that no longer serve you or that create division.
- **Practice Forgiveness**: Work towards forgiving yourself and others to release emotional burdens.

5. Service to Others

- **Engage in Acts of Kindness**: Serve your community or those in need, fostering a spirit of connection and cooperation.
- **Align with Higher Purpose**: Find ways to contribute to the greater good, which can deepen your sense of connection and purpose.

6. Embrace Unity Consciousness

- **Recognize Interconnectedness**: Understand that all beings are interconnected and that your actions have a ripple effect.
- **Cultivate Global Awareness**: Stay informed about global issues and seek to promote peace, justice, and harmony.

7. Integrate Spiritual Practices

- **Regular Meditation**: Create a consistent meditation practice to connect with your higher self and the greater universe.
- **Study Spiritual Teachings**: Explore various spiritual philosophies and teachings that resonate with you.

Conclusion

Graduating from 3rd to 4th density involves a commitment to personal and spiritual growth. By embodying love, understanding, and service, you align yourself with the higher vibrations of 4th density, facilitating your evolution.

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Chris Comish

Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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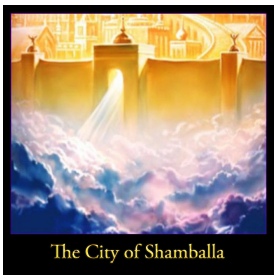

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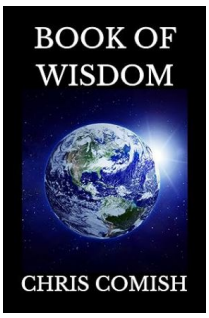

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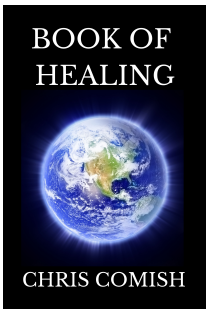

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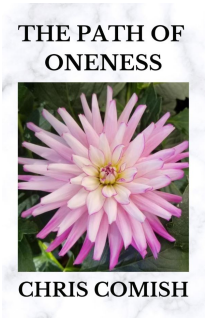

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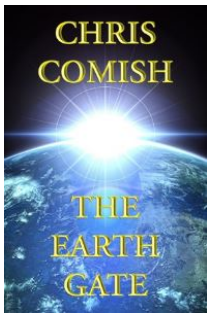

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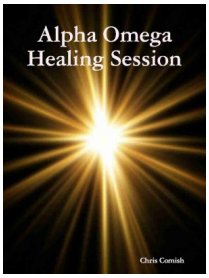

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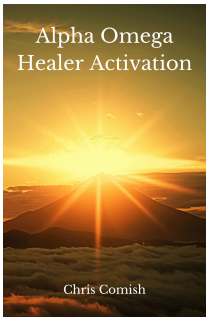

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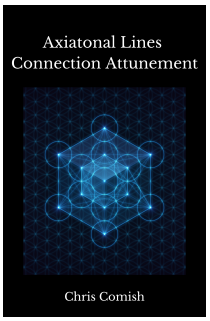

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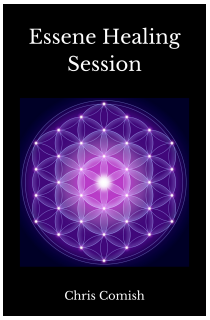

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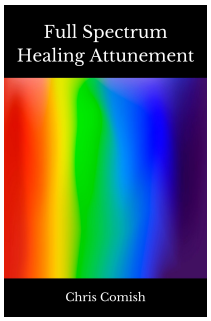

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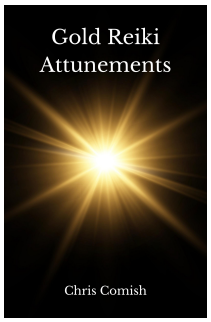

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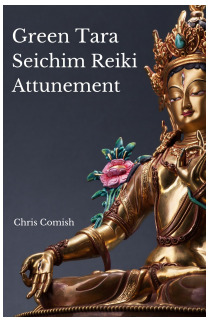

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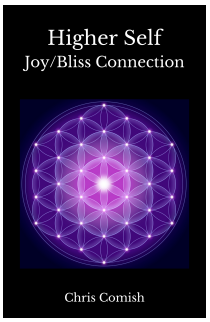

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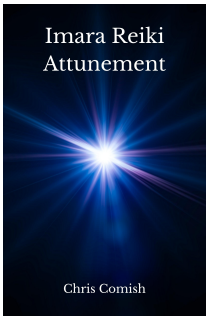

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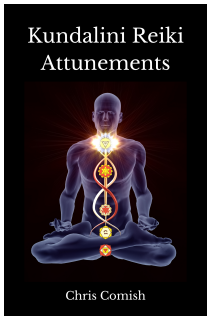

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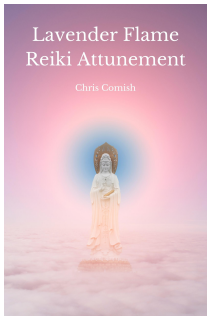

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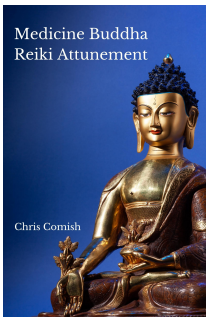

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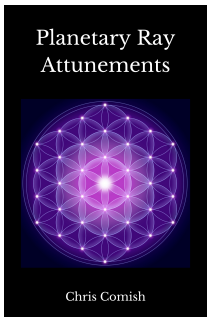

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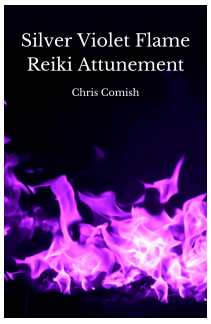

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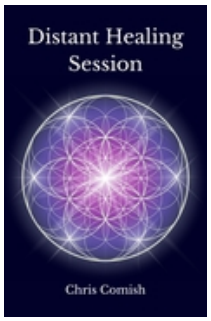

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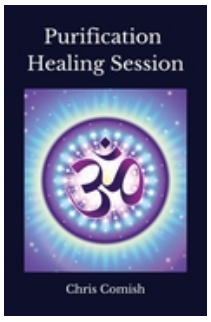

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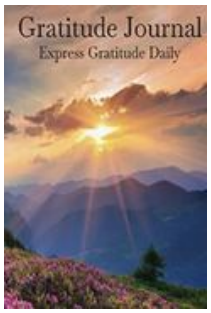

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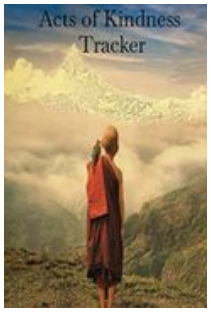

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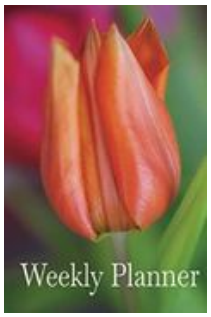

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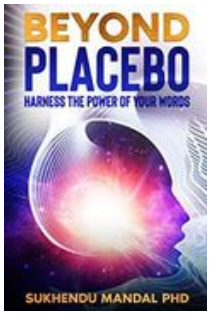

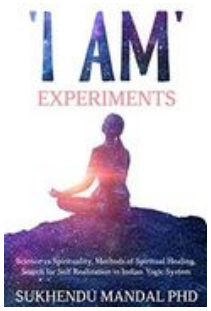

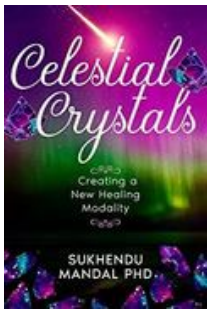

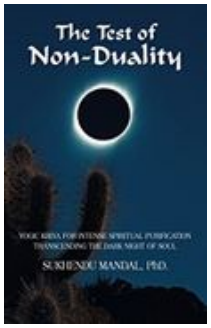

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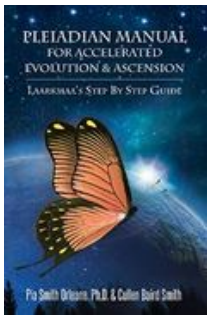

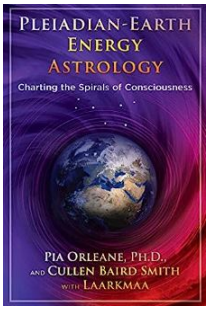
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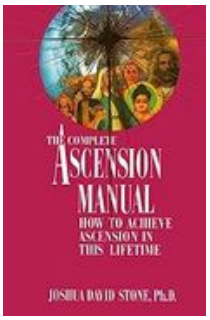
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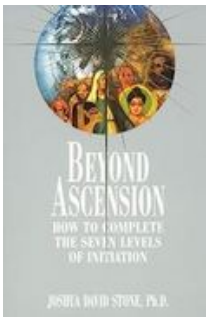
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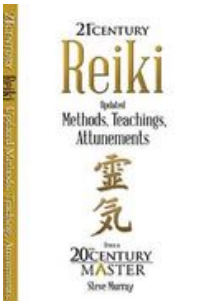
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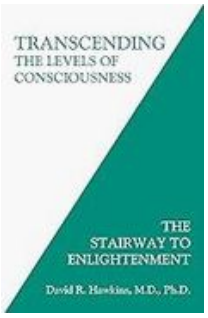
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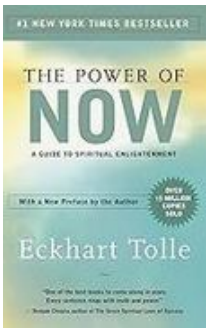
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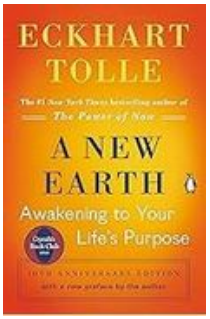
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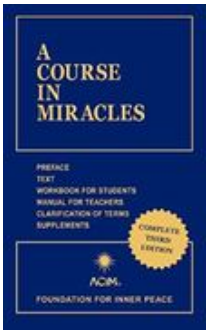
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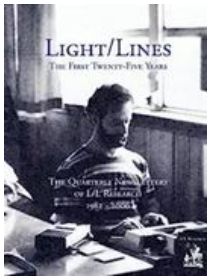
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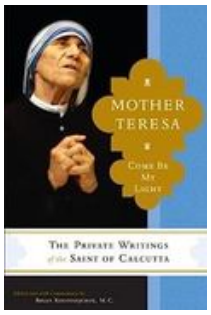
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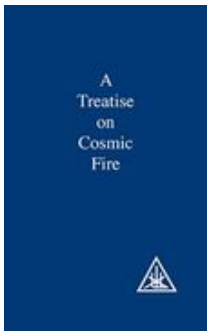
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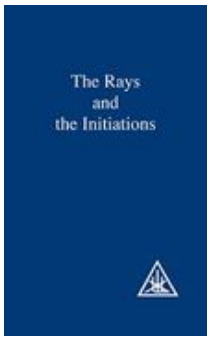
The Rays
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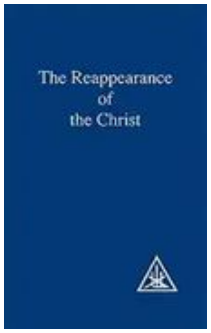
The Reappearance
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The
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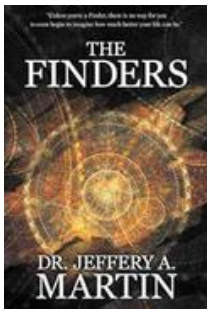
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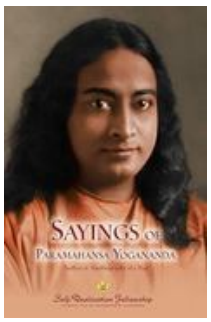
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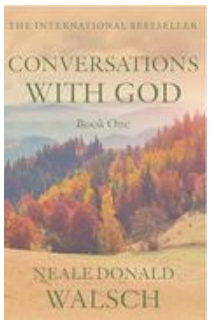
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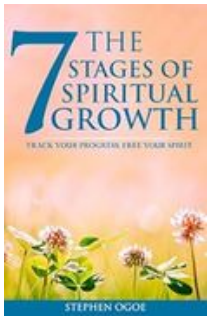
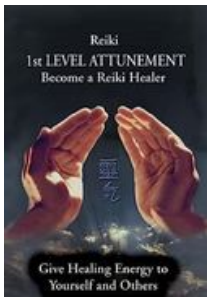
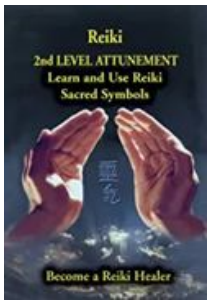
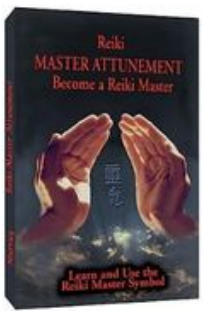
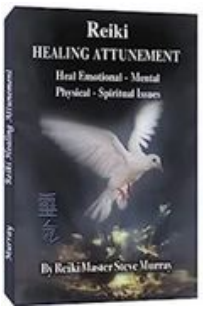


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









Forum - The City of Shamballa Social Network

- The Real Meaning Of Christmas - The Song Of Light Returning
- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

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Your role with the Higher Self

Path of Earth Service

Third Density Graduation

Love and Understanding

Wise-Compassion

Ascension Roadmap

Higher Self Channeling: New Earth

Enter Samadhi

Happy 15 years Anniversary City of Shamballa members!

Two paths to the Kingdom of God

Be at Peace

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